

Waith Class Transcript

APRIL 17, 1990

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~ A NOTE FOR THE READER ~

Waith's words appear in this font style.

Questions and responses from those in the class appear in this font style.

(References to names have been edited for privacy)

Information Given Interdimensionally

By Waith

Through Mushiba

A Publication of Terra Lux Media ~ 1990

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Topic ~ The Phases Of Learning A Lesson And The Cycle In Which The Phases Occur

We will give you a discussion this session on what you might refer to, in the language that you know, as the phases of learning a lesson and The Cycle in which the phases occur.

There Are Four Phases ~ You Must Complete One Phase Before Continuation To The Next

Understand that every lesson that you take on goes through a phase that is a cycle and, in actuality, turns out to be a circle. Regardless of the lesson, each must fulfill various components. Now each component may, in fact, take a number of lifetimes to complete, and you are not able to skip around in this phase. You must complete one phase before you are able to go into the next phase. Understand also, that you will be in various points of the learning of your lesson in any one incarnation, so that you may be in Phase One for one lesson and Phase Four ~ for there are four phases ~ in Phase Four of another lesson, all within the same incarnation.

Now, it is necessary, and, in actuality, mandatory from the rules of The Universe that you go through the following phases. When you take on a lesson, a particular role on the plane is usually of the way in which the lesson is acted out, and thus, you may take on, let us say, the lesson of learning tolerance or patience. Well, each of these lessons, of course, are major lessons that break down into a series of lessons within the lesson, for if an entity were to attempt to take on the total lesson of, let us say, tolerance, it would be far too overwhelming, and thus, the roles are taken on as these, what you might call, segments of the total lesson.

Phase One ~ You Take On The Lesson Without Any Assistance From Other Energies

Now, what occurs then is that the very first phase means that you take on the lesson without any assistance from other energies. You must start the learning of this lesson without help, and there is a certain parameter that is determined at your Soul Level when you decide to take on the lesson as to what degree you will take on the learning of the lesson, for remember that all lessons are not completely learned simply on the earth plane, only portions of lessons are learned on the earth plane. Thus, you determine what percentage, if you will, what degree you will have in learning a lesson. You must do this without any assistance from any other entity, so you must begin this in a very difficult way.

Phase Two ~ The Learning Of That Same Lesson, But Now With Help From Another

When that phase has been completed, and for some it could be completed in a very few lifetimes. For others it could take many hundreds of lifetimes ~ understand there is no definitive time given here. When that phase is completed, you are then ready to move into the next phase which is the learning of that same lesson but now with help from another, so that you then take on this lesson in a different manner. You are still having to learn it, for you have not completely learned the lesson in Stage One, or Phase One.

Phase Three ~ Then Must Take This Lesson, And You Must Help Another To Learn That Lesson

Once you have gone through the learning in Phase Two, you then must take this lesson, and you must help another to learn that lesson, so therefore, you would then be in Phase Three, but you would then be helping another who is in Phase Two, and thus, you have lessons to learn by helping others to learn the lesson, and thus, you begin to take on the role of teaching, and thus, learning and teaching begin to take on that perspective that we have discussed before with all of you.

Phase Four ~ Which Is Helping To Help One Who Is Helping Another

Once you have finished that phase of helping another to learn their lesson, you move into Phase Four, which is helping to help one who is helping another. Thus, you are then helping someone who is in Phase Three to help someone who is in Phase Two, and only then, when you have completed that particular phase, will you be released from that part of the learning of that lesson.

Remember, Entities Design What Lessons They Learn By Predetermined Percentages

Remember, that one entity may say that on the earth plane they want to learn, let us say, five percent of the total that needs to be learned about tolerance and the other ninety five percent would be learned in other training grounds, other dimensions. Another entity may decide that on the earth plane they want to take on twenty percent of the learning of tolerance and the other eighty would be spent in other dimensions. They would, therefore, be designing their own phase of this. Their cycle and its parameters would be determined by the entity.

Being Nonjudgemental ~ Only Be Concerned With What You Are Here To Learn, Not Others

And thus it is, that we come once again to our favorite topic of being nonjudgemental, for as we have said, it is of no concern to any of you what another is here to learn. Only what you are here to learn is of importance, and that you do not know who any other entity happens to be and what phase then they are in, for teaching and learning, learning and teaching, sometimes have very thin veils of disguise.

Also, to add now to this topic of being nonjudgemental, we say to you that not only do you not know why another is here and what their path is, but you do not know the percentage that they have taken on for a particular lesson, and it is none of your business, anyway. ☺ Thus, we add even more reasons for you to question yourselves when you begin to judge others in saying, "Well, I am taking on that lesson in a much more difficult way. And I am feeling much more pain than that person is, and therefore, I must be much better, and I am growing much better and much faster because I have taken on much more." You do not know that now, do you?

All Are At Various Points On The Path With Chosen Lessons And Chosen Percentages

It is a most interesting array of percentages that are currently incarnating on the plane, and all that you need to understand is that whoever you meet, while they have varying reasons for being on the plane currently, and are at various points on the path, and have chosen various lessons to learn ~ ah, now, we add the further complication that they have varying percentages, you see. And, also, remember that you may have chosen to learn a part of tolerance, for example, on the earth plane, and another may have not chosen that at all as a lesson to be learned on the earth plane, but rather chose to take on the learning of those lessons in other training grounds, in other dimensions, for remember that of all the lessons available, you have a choice of what you want to learn.

Simply, You Choose Your Lesson(s), But Then You Must Complete Them To Return To The One

It is quite simple. You do not have to take on every single lesson that is available, and it means that whatever you choose to take on for lessons then becomes what you must accomplish in order to return to the One. It does not mean that you must learn every lesson that is available in order to return to the One. Some entities choose one lesson ~ one lesson. They never make it to the earth plane ~ they learn it in another dimension. The earth plane never becomes part of their training ground, for they perhaps wanted to venture out of The Universal Consciousness for a short time to test waters, to see what it was like, or whatever, or maybe they had done this so many other times that, eh, they figured they would just come out for a short time and then go back in, knowing that you can come and go, come and go.

You can take on one lesson and go back, or you can take on one hundred lessons. You as an entity determine that. Many entities will seek guidance from us in The Angelics and from the Leader of the Kingdom, and at this time in the illusion, that of course is Amelius for this Kingdom, but you do not need to. Many entities simply decide on their own, but once they have written the pact, as you would refer to it, with The Universal Consciousness, they must fulfill it. Thus, if they say, "We will take on ten lessons, and those lesson are ...". And they must be spelled out, if you will, it is then a pact with The Universal Consciousness. You see? So, my dear loved ones, judge not, for you know of no one's path, of no one's choice of lessons, of where anyone is in The Cycle of Lesson Learning.

Meditation Is Important To Learn Where You Are In Your Cycles Of Lesson Learning

You may have a sense of where you are in a particular lesson cycle. The purpose of meditation is to assist you in having that information, for then you are able to get a clearer sense of your mission in the incarnation, what particular phase are you in for a particular lesson. It can make it quite easy after that, if you realize that you are perhaps still in Phase One of a particular lesson, and that is why everything seems so difficult and why it seems that no one understands and no one is assisting you. It is necessary for you to go through that phase. And you see another who appears to be going through the same kinds of issues, receiving help from all around, and you say there is inequity here ~ "Why is that person receiving so much help and I receive none?"

It is necessary, my loved ones, for, eventually, you will be in that phase where you will receive help, but it is in only understanding what it feels like to not receive help, that you then will be able to give help, and in learning how to give help, eventually, you will be able to help another to help another, for it does not come easy, you see, to help another if you have not been helped.

You will hear the expression, "I made it myself without any assistance from anyone, and I will not help anyone. I worked very hard to get where I am." This is perfectly legitimate to have as an attitude, but until that attitude changes, the entity remains in that first phase until they are ready to say, "I want to help others now." Then they move into the next phase. It does not mean, however, that upon entry into that second phase that it will be easy to help, and thus, there are lessons to be learned in learning how to help.

It is a marvelous cycle. For many of you, you can be taking on, oh, as many as five lessons in a particular incarnation, and be in every one of those phases, you see. It makes for great fun. It also can make for you to understand the lesson of humility. For those of you who have taken on many lessons, humility is generally one of them, you see.

What concerns you may have about your particular place in The Cycle should not be major. You should not be, shall we say, obsessed with now having to find out where you are in The Cycle for any particular lesson, for you would then waste your energies on that task rather than concentrating simply on receiving the messages from the Higher Self as to what you need to be doing. There are lessons to be learned, my loved ones, in not knowing where you are, and there are lessons to be learned in being given that information, and your Higher Self will release that information to you only when you are ready to have that information.

To know where you are in The Cycle may not, in fact, be relevant to you for this particular incarnation, or you may be given that information for one lesson and not for another, you see. But knowing this, you can begin to perhaps piece together events in your life, and in attempting to place some order into what is occurring in your life, then seek the answers from the Self. And the Self may say to you, "It is not for you to worry

about in this incarnation," and give direction as to how to work in a particular area without knowing exactly where you are in the phase, you see.

We enjoy watching this. ☺ It is a most interesting observation, this earth plane, you see, for we see things in what you would call circles, they move around, and you are much like what you would call a carousel. You move around, and you slowly move around until you come full circle, you see. And from our perspective, we see energy surrounding each of you, and that energy represents the lessons and where you happen to be in The Cycle. And thus, you will have a certain energy circling you that indicates where you are in The Cycle, you see. So, you may have an energy that goes, oh, halfway around, and another energy that goes a third around ~ another that goes further around, you see. It is quite interesting.

So, you see a bunch of circles. ☺

Indeed. We therefore understand. We see you as energy. And when you occasionally feel a disruption in your energy, it means that you are experiencing a movement in The Cycle, you see. Now, movement in The Cycle may not always go forward, dear ones, there may be movement backwards. And it means that, however, once you have completed one phase and moved into the next phase that you will not move back into a former phase. Any movement back is within the phase, you see. So, once you have made it through one phase you do not have to go through that again, but we make it tough for you to get out of a phase, you see, for if you truly get out of that phase then, you see, that is it, you no longer need to deal with it. You see?

And now, we have given you some new information, and we would take a few questions relating to this particular topic only.

A Question About Helping A Friend Who Is Going Through A Lot Of Turmoil

I have a close friend of mine who is going through a lot of turmoil in her life right now, and I want to help her, but I have no idea what to do where I could help her other than just being for her.

That is all.

Now, would that be an indication that she would be in a first phase cycle?

That is not for you to know.

Questions Regarding Percentages Of Lessons To Be Learned

When you talk about tolerance and someone taking on, say, five percent or twenty percent on the earth plane, when you are dealing with tolerance, it seems like one complete issue. How can you take on five percent of tolerance? What do you mean by that?

That will come at another time, my love, in terms of discussing that, for we have simply given you the concept. It is a very lengthy explanation and takes on far more in complexity than this session is meant. You may look forward to future discussions in this area, my love.

When you talk about five percent on the earth plane and ninety five percent off the earth plane, is it harder on the earth plane that you have a lower percentage, or were you just giving that as an example?

That was merely an example. It relates not at all to the issue which we will discuss at a later time, but it was a nice try. 😊

On the lessons, when you were describing the percentages, how would it work when an entity, say on their agenda, they take off more than they can chew for that lifetime, and it is meant to be that way, fifty percent or something, a large lesson, something major, and they do not make it full circle in that lifetime? What happens with percentage that is left over? Does that get carried into the next lifetime, or is it cut down so the entity can handle it, or is it the choice of Self in determining that?

The issue, again, relates to that discussion that we will have at a future time, for you are misunderstanding when we say percentage, you see. So, forget percentage for now as something to think about. Simply realize that each of you take on a portion of the major lesson to complete. It does not mean you have to complete it in one lifetime. It may take you one hundred lifetimes to get through one phase of the lesson, and it may take you one hundred lifetimes to get through the second phase and one hundred to get through the third and one hundred to get through the fourth.

You see, once you have determined the amount that you are taking on, it simply means that that is the amount you take on. We will make it in a more simplified manner at a future time. It was not meant for you to grab onto something and strangle it to death now. 😊

Maybe we have talked too much about it, but if someone takes on like five percent of a lesson, that just means that they have a small lesson rather than if someone else takes on fifty percent, then they have got that same lesson over and over again?

You are all so very cute, trying your very best to get me to talk about this now. It would only add to your confusions if I were to answer that, my love. You see? Do not be concerned for it matters not the percentages. It matters not.

Would The Sleep State Be Another Dimension For Lesson Learning?

Indeed, it is, my love. The sleep state is another dimension. It is an altered state. The earth plane to some dimensions is an altered state. ☺ We throw that one out to you for future discussion. We have much to tell you, and we have much time to tell you. We are in no rush to tell you everything, nor could you comprehend at this time everything that we have been assigned to tell you. Understand that we have been assigned to tell you very specific information, and not all that is.

Do We Live In A Similar Manner On Other Dimensions, Or Is It Energy?

It is very dependent upon the particular training ground. There are other training grounds that have physical encasements very unlike what is on the earth plane. There are training grounds where there is energy only, but for the most part, the major training grounds involve encasements of some sort, of the energy. The training grounds that do not require encasements have different approaches to the learning of lessons, and this is something that we will, again, when we discuss this issue of percentages, present to you.

A Question About Out Of Body Experiences

I have been told that I have had out-of-body experiences. Now, I do not remember them, but is that a learning thing, too? Are you going someplace that you are not aware of to learn something?

All who are incarnated on the plane experience what you would refer to as out-of-body. What many do not have, though, is the knowledge of that, for they have purposely blocked that knowledge, so that when you go into that which is called the sleep state, you go into another dimension, and in order to do that, the spirit leaves the body. Now, it leaves in varying degrees, and not all the time, for often the sleep state becomes simply the rest state and not a learning state. Some entities can go through, oh, half of their incarnation using the sleep state simply as a rest state, where they do not leave the encasement, and they can at other times leave the encasement. Some entities leave their encasement probably ninety nine percent of the time that they go into the sleep state. It depends on what your purpose is in coming into the plane, where you are on your path, where you are in your cycles of learning, and it depends on whether or not your soul determines it to be necessary or beneficial for you to know that you have left the encasement.

Now, lessons can be very specifically learned in knowing that you have left and, in fact, being aware of the fact that you are out-of-body. They relate to very specific learning that is taken on in terms of certain abilities and relating to the issues of power. And thus, if you experience out-of-body, and understand it, and know it at the time, then it simply means that your soul wants you to know this. And you must then attempt to find out why you are being given the knowledge to know you are out of body. If you are not aware of being out of body, do not worry about it.

Waith Discusses Techniques That Have Been Given That Can Be Chosen To Protect Self

Is there any technique to use to protect ourselves when we are in the sleep state?

The techniques that we have been giving to you all along are beneficial. You can choose from any number of those techniques to protect Self. Simply refer back to them.

So, to use one before you went into the sleep state?

Any of the techniques that we have given to you for protection of Self. Simply refer back in the transcripts. We will not give new techniques until the ones we have given have been absorbed and understood. It would simply be repetition.

So, if we use them in a waking state, they will carry over?

Indeed, and protect yourself against the darkness.

I just was not sure of the length of time that it would.

It matters not. The length of time relates in any dimension as it does on the earth plane, and it is for you, the entity, to determine what length of time you need, how strong a technique is. It is you who determines whether you have protected yourself sufficiently. And remember, we have said so often, that the protection truly must be continuous, not spotted, not thinking that you can protect yourself for four and a half hours that is all you need. 😊

Yes. You realize that when you let it down.

Indeed. And when you let it down, it takes longer to build it up again. Any one technique is useful for all protection, you see. You do not need to know five hundred different techniques. We simply have given various techniques so that you would see that one may be more comfortable for you, one may be more easily used than another, but protection is protection.

So, the effect of using the techniques for a long period of time kind of accumulates.

Yes, it does.

Clarification, Technique given 01.16.1990 About The Meditation Circle Of Thirteen

Limera: Relating to the drawing that is on the easel of the meditation circle on the thirteen, a question was asked ~ is there an inverse to that pyramid on the bottom since that takes up the top half of the circle? Is there also an inverse on the bottom one between one, four and two? And you responded: "What would occur, my love, is that as the number increases, you see, so too

do the configurations, and they are designed in such a way that as you add entities to the circle, they form pyramids. And thus it is, that all would then focus, center of their own pyramid, and all would eventually go to this point here." **What point where?**

To the center of the pyramid ~ of each entity's pyramid.

Someone Just Sails Through Life ~ It Could Be A Certain Phase ~ Or A Rest Incarnation

Some just appear to sail through life, everything is happy. And then you see others that are extremely sick. They spend their time in the hospital, or whatever. And that is where I think this might help us. Maybe tonight will help us too.

Understand that in a particular incarnation, an entity may come in to simply work on one phase of one lesson, period, no other lesson, no other phase, except they may be in the phase of Phase One and, therefore, it is a very difficult time for them. They may be in Phase Four and all appears to be smooth for them.

You each have the choice of how many lessons you bring in to work on in any particular incarnation. And as we have mentioned, oh, so many sessions ago, there are an occasional rest incarnation where there are no lessons that are tackled. It is simply a time to enter and rest and enjoy, and this is available in any of the training grounds. It is encouraged that there be a lifetime here and there of rest, for as you would say in the vernacular of the plane now, All rest ~ All play ~ All work ~ Yes, I have trouble, you see, All work and no play, is not good, you see. Understand that some entities, however, work, work, work, work, work, and take on many incarnations and very rarely will take on a play incarnation.

But, once again, it is not for you to know where another is, and if it is a play incarnation or if they are simply in Phase Four of a particular lesson, and they have taken on one lesson, or all the lessons they have taken on they are in Phase Four. They may have five lessons, and they are in Phase Four of each of those, and thus it appears to be smooth.

If an entity is taking on, for example, five lessons, and he is all in Phase One of those five lessons, wow, what an overwhelming lifetime that must be!

It could be, indeed. It is the entity's choice. We attempt, of course, to guide and direct, but we cannot impose that. We can only assist if any entity were to ask us, "What do you think if I take five lessons and I am in Phase One?" Mm. ☺ ☺ We would not encourage that, but nonetheless, depending upon the entity and the strength of that entity it may be quite appropriate. We have guided a particular entity with those issues of taking on many, many lessons and doing it quite successfully, but it is a powerful entity.

Can We Decide To Take On Lessons During The Incarnation?

We do not necessarily decide on the lessons before we incarnate, that we can decide to take on lessons during the incarnation?

Yes, indeed you can, my love. Generally speaking, it is chosen before entry. And what occurs in many situations is, upon entry, that particular phase of the lesson is accomplished in a much more rapid time than was expected, and an entity then is given a choice as to whether they want to remain on the plane and take on something else, or simply leave because they have finished what they had set out to do in that incarnation. And thus it is, that many entities will do this. The reverse is also true, for many times an entity will take on more than they need to take on, or should take on, and they find themselves in the incarnation a bit overwhelmed, and at Soul Level, they can simply say, "I do not want to take on this lesson in this incarnation. I will send it away and do it another time." You see?

Limera: It is forty-five minutes, Waith, in case you want to know time.

Thank you, my love. We were ready to depart ~ before the timekeeper. Indeed. We have indeed attempted to keep a sense of that which is time on the plane. Understand that it is only on the earth plane that time is measured as you know it. There are other measurements that are used in other dimensions to keep track, if you will, of activity. Time is the way activity is tracked on the earth plane. The tracking is done differently in other dimensions, percentagewise. ☺ We are ready to depart now.
